

SPACE FOR COPD Manual Structure:

Top tips are notified throughout the manual to summarise key messages



Top Tip

The content of the manual is cross-referenced throughout to highlight other possible useful sections to the reader



Other useful sections

Four case studies of patients who have used the manual are incorporated and their progress throughout the stages of the manual is documented. This is to allow patients to identify with others who have undertaken the programme.

Case Studies

Patients are regularly encouraged to complete tasks throughout the manual, such as exercise diaries, goal setting sheets, and problem solving exercises.

Goal:

When I will do this:

Where I will do this:

How I will do this:

Who I will do this with:

The exercise regime in stage 1 advises patients to go for a brisk walk on at least five days per week. Following their baseline assessments patients are advised what an achievable walking time should be before commencing the programme, and are encouraged to gradually increase their walking time on a daily basis. Patients are advised to monitor their progress through an exercise diary.

Moving on

Each day you should aim to gradually increase your walking, before you need to slow down and stop. To start with, you may only be able to increase the time you walk by a few seconds – it all counts!

five minutes without stopping, you should gradually progress through the steps below. In stage 1, you are aiming for a non-stop walk of 15 minutes, but a total of 30 minutes walking a day.

Once you have built up to walking for

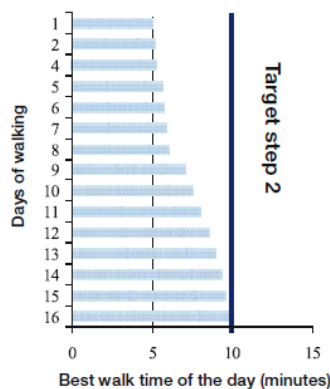
This has been split into three easy steps for you to follow.

Step 1 - Daily

5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	= 30 minutes
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As the days progress

This graph shows how your walking time should progress through step 1. As you can see, your best walk time of the day should steadily increase as the days go on. It is OK if this is only by a few seconds each day. This is a guide only. Your walking times may increase more quickly or slowly than this.



Once you can achieve a 10-minute walk, you should move onto step 2. Remember, it may take a few weeks but if you are doing well, keep it up and you will improve.

The following page shows steps 2 and 3.

The manual uses both text and pictures to deliver information.

Stage 3 - Healthy eating

A healthy diet

Good nutrition is essential for good health. For people with a lung disease such as COPD, diet and nutrition are as important as good breathing control. People need healthy bodies to fight infections and prevent illness.

Foods are made up of carbohydrates, fat, protein, vitamins and minerals. A healthy balance is essential for maintaining a healthy body.

Proteins are important to keep our bodies strong and help repair damage in our bodies.

High-protein foods include meat, fish, eggs, dairy products (cheese, yoghurt and milk), beans and lentils.

You should have a portion of a protein food at two meals during the day (for example, lunch and dinner).



Carbohydrates provide energy. Carbohydrates can be split into two groups – starches and sugars.

- **Starches** are found in grains, cereals, bread, potatoes, rice and pasta. They should be included in every meal for energy. Aim for high-fibre options, such as wholemeal bread and wholewheat pasta and rice.



- **Sugars**, such as cake and biscuits, should be kept to a minimum, especially if you are overweight. These are high in calories.



Fats contain more calories per gram than carbohydrates and proteins. There are nine calories in a single gram of fat. Fats can be a good source of energy but will be stored as fat if you eat too many. Examples of fats include oil, butter and ghee. Fats such as olive oil, rapeseed oil and olive-oil spreads should be the main type of fat used for cooking and spreading.